





## Mayor invites Dalton to talk about transit

TIM WIECLAWSKI

In response to comments from Premier Dalton McGuinty expressing concern over the cost of the city's rapid transit plan, Mayor Larry O'Brien is "cordially" inviting him discuss the plan with councillors and senior planning staff.

Yesterday at Queen's Park, McGuinty suggested that the province and the city need to discuss the affordability of the project "in a very sober-minded way."

The latest estimated cost of the first leg of the rapid transit network, including the downtown tunnel, is \$2.1 billion.

"I remain very optimistic . I think we can find a way to move forward," McGuin-

ty said yesterday.
"The issues, of course, is how much can we do and how quickly can we do it and how much is it all going to cost?"

## News on the Mave

What's this harcode for?

the top of pg 3





## Review of MJ's CD and movie

On the web Visit metronews.ca for news updates

Google

## Shelters prepare for flu

Medical officer of health reports over 110 cases of H1N1 since Sept. 1

TRACEY TONG tracey.tong@metronews.ca

Ottawa is now in the second wave of the H1N1 pandemic, Ottawa's medical officer of health said yesterday.

'Since Sept. 1, we've had in Ottawa just over 110 residents who tested positive for the virus," said Dr. Isra Levy. Of these, 28 have required hospitalization, six in the ICU. This week alone, there have been five hospitalizations.

Cases in schools have also been rising in the last week. Since the beginning of September, 77 schools have

reported more than 10 per cent absenteeism. Sixty of the schools made the report in the last few days

Despite the rising number of cases, the city's homeless shelters said they are prepared for whatever comes next.

Working with the city's three main shelters, including the Ottawa Mission, the Shepherds of Good Hope and the Salvation Army, and two women's shelters, Inner City Health has a plan to manage clientele who become ill with H1N1.

The plan, which was developed after SARS, involves rolling out vaccination clinics at shelters starting yes"We can convert all the beds for people who are ill and send the healthy people to the other shelters."

Michael Maidment, Salvation Army

terday as well as screening. and caring for those who are ill at a special care unit at the Salvation Army Booth Centre, said Wendy Muckle, executive director of Inner City Health.

"So far, we've had lots of people screened, and so far, 12 people have been isolated," she said. The shelter currently has one person in isolation.

The unit consists of 14

single rooms, but there are a total of 30 beds on that floor, said Muckle.

The centre, which always has medical staff on duty, is already equipped and "if necessary, we can move beyond the special care unit," said Salvation Army spokesman Michael Maidment. "We can convert all the beds for people who are ill and send the healthy people to the other shelters

Over at the Ottawa Mission, manager of health services Marg Smeaton said both clients and staff are "certainly aware of the flu and are very vigilant about it now.

"We do mention it at any gatherings we have of clients and we do have posters everywhere," she

Levy said the city's vaccination clinics, which began Monday, continue to be very popular, with staff inoculating 7,750 people yesterday.

Key issues continue to be managing wait times and finding available nursing staff to administer vaccines.

## Pakistan Blast kills 100



Pakistani volunteers rush an injured child to hospital after an explosion yesterday in Peshawar, Pakistan. A car bomb tore through a market popular with women in northwestern Pakistan, killing 100 people hours after U.S. Secretary of State Hillary Rodham Clinton arrived in the country. More coverage, page 7.

Worker in hospital after being struck by beam at college

TRACEY TONG tracev.tong@metronews.ca

A 36-year-old construction worker suffered multiple fractures after being struck by a large steel beam at a job site at Algonquin College yesterday.

At 1:33 p.m., paramedics responded to an industrial accident near the intersection of Woodroffe Avenue and Baseline Road, where a large steel beam hit a worker while he was working in a three-metredeep hole.

He was treated for fractures to his upper arm, wrist and lower leg and facial injuries.

He is in serious condition in hospital.

The Ontario Ministry of Labour is investigating the incident.

## **CANADA'S MOST RELIABLE NETWORK!**

BEST SURFING. START TO FINISH."

Visit rogers.com/reliable for details.



Most reliable network refers to call clarity and dropped calls (voice) and to session completion rate (data) as measured within Rogers HSPA footprint and comparing with competitors' voice and data 1xEvdo networks. Rogers HSPA network not available in all areas. See rogers.com/reliable for details. "Rogers, Mobius Design & Best Surfing. Start to Finish. are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. Google and the Google logo are trademarks of Google Inc. The HTC logo HTC Oream" are trademarks of HTC Corporation used under license or with permission. All the premission. All the premission. All the premission all control their respective owners. © 2009 Rogers Wireless.



# "Unbelievable! It's actually the big TV Networks that are killing local TV."

It's ironic that the very networks telling you to save local TV are the ones looking to kill it. For years, the big TV networks running Canada's local stations have been highly profitable, generating millions in advertising revenue. Now at the first sign of sagging ad sales, they're willing to dump their local stations to protect their huge profits. Unless, of course, all cable and satellite subscribers pay them a tax of up to \$10/month. Even then, they won't promise this money will support local programming or even keep your local TV alive. Enough is enough.

Come on Canada. Make your voice heard.

STOPtheTVTAX.ca















## NGC opens doors to Carleton students

Carleton University students can now appreciate the treasures the National Gallery of Canada has to offer — gratis. A new partnership between the NGC and Carleton University gives Carleton's more than 24,000 students free and unlimited admission to the gallery's national collections and special exhibitions. The agreement, which runs through June 2010, is designed to encourage students in all academic fields to increase their appreciation of the visual arts.



## City raises target for low emissions after early success

**ENVIRONMENT** The city set the bar higher for reducing greenhouse gas emissions by 2012 vesterday.

Council revised the city's corporate greenhouse gas emissions reduction target to 30 per cent below 1990 levels by 2012 after staff reported that the city had surpassed its initial target.

Initiatives that led to the reduction included using an alternative fuel mix for city vehicles, implementing energy efficiency measures in city buildings and generating electricity using waste.

TRACEY TONG/METRO OTTAWA

metr@news.ca

What's online today.

Video H1N1 fears lead to

spike in children being sent

Lotto 6/49: 18, 26, 32, 34, 43 & 44. Bonus 37.

Daily Keno: 4, 7, 8, 9, 13, 14, 15, 22, 31, 32,

34, 39, 40, 43, 46, 49, 57, 59, 60, 62.

Ontario 49: 1, 2, 8, 21, 32 & 42. Bonus 49. Ontario Pick 3: 8 2 0; Ontario Pick 4: 6 9 3 1

Encore: 4029797

**Blogs** Kenya Hunt

has the solution for

sprucina up vour

with a hangover.

KENO MA

to emergency rooms at

metronews.ca/canada



Scynthia Ross, 20, sits in one of the examining rooms of the new health clinic for street-involved youth at the Youth Services' Downtown Drop-in Centre on Besserer Street

## Health clinic opens for street-involved youth

Facility 'extremely needed,' says 20-year-old

TIM WIECLAWSKI tim.wieclawski@metronews.ca

Three years ago when Scynthia Ross was a 17-year-old living on the street, the pierced skin around a lip ring became

infected. Her attitude at the time was to "just ride it out," but the infection only got worse and spread throughout her body, causing her leg to start hurting.

When she went to see a doctor in a walk-in clinic, she said they didn't take her seriously.

Eventually, a police officer who works with street youth noticed she was behaving strangely and took her to a hospital where she was diagnosed with an antibiotic-resistant bacterial infection called MRSA.

After surgery on her leg

 Run in conjunction with the Sandy Hill Community Health Centre, the clinic runs Monday to Friday and offers services that include dental hygienists, mental health and addictions support and HIV/AIDS and Hepatitis C prevention programming.

and months of treatment. the infection has been cured but even two years later, she needs a cane to walk.

Yesterday, Ross told her story at the opening of a new full-time health clinic for street-involved youth at the Youth Services Bureau's Downtown Drop-in Centre on Besserer Street.

"This is extremely needed," said Ross. "If the dropin had had a clinic (before), I probably won't have ended up in the hospital."

Youth Services Bureau exdirector ecutive Munter predicted it could reduce the number of visits in emergency rooms and calls for paramedics by street-involved youth by one-third.

"This drop-in has existed at this site for nearly 20 years," he said. "It has a reputation as a place that is safe, welcoming and accepting of young people. So it's a lot less intimidating than going into a doctor's office or a hospital."

m.metrenews.ca



Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page.

## Addictions program eases 'difficult journey'

TRACEY TONG

From the beginning, life was never easy for D'Arcy Pierce. He started using mariiuana at 13 and began ex-

perimenting with other drugs a few years later and developed an alcohol addiction at 18.

"I never saw it as the problem that it Pierce said. "I always justified it D'Arcy Pierce and rationalized it.

"I lost my job, I gave up my house, I was down and out and on the street, living under bridges and wherever I could live and still use. I lost basically my whole future."

At 30, he entered a treatment program in Toronto and various 12-step programs, but years later, was back on the street in Ottawa.

collecting bottles to fund his alcohol addiction.

Wanting to change his life, he entered the Ottawa Mission's five-month Life House addictions program, graduating yesterday.

"It is probably one of the most difficult journeys because many times, they've been

on this journey be-fore," said Diane Morrison, executive director of the Ottawa Mission.

Now 42, Pierce credits the program with changing his life. He

lives in second-stage housing and is set to graduate from the shelter's building maintenance program in April, after which he plans on starting his own business.

Someday, he hopes to go to university to study so-cial work, "so I can help others overcome addiction," he said.

## Transportation budget reviewed before debate

inflationary avoidable costs have forced the city's transportation committee to bump its 2010 operational budget by \$5.6 million, adding an extra 0.56 per cent to the tax rate.

The transportation draft budget for next year is set at \$130.45 million, with increases coming primarily from nearly \$3 million extra in compensation cost due to contract settlements and \$2 million from the inflationary cost

of fleet operations.

Committee chair River Ward Coun Maria McRae said there is a plan underway to lower the budget by a "significant chunk" by the time it would be debated at the transportation committee meeting on Nov. 9.

The transportation committee's \$254.8 million capital budget includes arguably the city's biggestever investment in cling and pedestrian projects, said McRae.

TIM WIECLAWSKI/METRO OTTAWA

## TAXI CHIT ACCOUNTS AND GIFT COUPON SERVICES

**Christmas and Seasonal Parties should be fun!** We can arrange for taxi account services or pre-paid taxi coupons

Call Amanda Dota at 613-746-8740

ext: 3312 to get details

DON'T DRINK AND

Justice minister pushes for consecutive life sentences

Justice Minister Rob Nicholson says he will bring in legislation to allow judges to impose what are essentially consecutive life sentences for serial killers. He says it means an end to what he calls sentence discounts for multiple murderers. THE CANADIAN PRESS

## Canada



## Review backs online surveillance

The federal government has an unexpected ally in its bid to broaden Internet surveillance — the watchdog over Canada's spy agency. In its annual report to-day, the Security Intelligence Review Committee says CSIS's "ability to perform certain investigative procedures will be constrained" until the government en-THE CANADIAN PRESS

## **Docs slow with shots**

Family MDs say obstacles deterring distribution

Family doctors in some parts of Canada have been slow to sign up to deliver H1N1 vaccine to their patients, pointing to a number of obstacles they say are discouraging them from giving the shots.

In Ontario, a requirement that doctors' offices order vaccine in 500-dose lots is deterring some. Others objected to an initial demand that they sign a contract and provide a weekly line listing for every dose delivered — unnecessary paperwork at a time when everyone is pressed for time, critics

"Some people think it's money. I don't think it's about money," said Dr. Doug Mark, a general practitioner and president of

## **Hot spots**

Canada's chief public health officer says swine flu is on the rise across the country. Dr. David Butler-Jones says there is an uptick in cases in Ontario and Quebec, while most tests in the West are coming back positive for the H1N1 virus.

 Overall flu activity has been steadily increasing for several weeks, particularly in British Columbia, Alberta, Saskatchewan and the Northwest Territories.

the grassroots Coalition of Family Physicians of Ontario.

Not all provinces are asking family physicians to be involved in the rollout, planning instead to direct

people who want vaccine mass immunization clinics. And some intend to start with mass clinics but plan to provide vaccine through family practices later. "I'm aware that there have been a lot of conversations in various fora with family physicians," said Dr. Joel Kettner, Manitoba's chief medical officer of health.

In some provinces where family physicians are part of the rollout, some of the obstacles identified by Ontario physicians have been taken care of. In British Columbia, for instance, provincial health authorities are breaking up the 500-dose lots into smaller batches so doctors can order only what they need.

THE CANADIAN PRESS



Dr. Marcelo Cypel, a surgical lung transplant fellow, left, and Dr. Shaf Keshavjee, senior scientist in the McEwen Centre for Regenerative Medicine at University Health Network, deliver gene therapy into human donor lungs using a bronchoscope. In a world first, Canadian scientists have successfully used gene therapy to repair injured donor lungs.

## Researchers spearhead lung repair

HEALTH In pioneering research, Canadian scientists have successfully used gene therapy to repair damaged lungs from deceased donors, making them potentially suitable for life-saving transplanta-

More than 80 per cent of donor lungs are discarded because they are not enough to be healthy transplanted in a recipient, says principal re-searcher Dr. Shaf Keshavjee, senior scientist at the McEwen Centre for Regenerative Medicine in Toron-

Keshavjee said the gene therapy, developed by a team at the University Health Network centre after more than 10 years of research, could potentially expand the number of viable donor lungs as well as improve the outcome for patients receiving a transplant.

"I think the exciting thing here is the proof of concept, that you can diagnose what's wrong with an organ and genetically modify the organ to work better after transplantation," he said. "So it really opens the door to personalized medicine for organs that we transplant."

The technique involves removing the lungs from a deceased donor and placing them in a special perfusion unit that pumps oxygen, nutrients and other substances into the organs, as if they were breathing inside a body. The gene therapy is then introduced through a bronchoscope a long tube-like apparatus fitted with a miniature camera, which allows doctors to watch on a screen as the scope is fed through airways and then into deeper areas of the lungs.

THE CANADIAN PRESS





Scan this barcode for more Canada news on your smartphone.

Learn how to scan the barcode with the instructions at the top of pg 3

## Grits look to savvy handler

POLITICS Liberals are looking to veteran political handler Peter Donolo to come up with a strategy to restore the sense of momentum the federal party has seen disappear in the past several months under Michael Ignatieff.

Donolo, a 50-year-old Toronto communications specialist and former mouthpiece for prime minister Jean Chrétien, will arrive in Ottawa at the end of this week to begin

the salvage job on the Liberal leader's floundering inner office operation.

Heeding advice that has been heard in Liberal circles for months, Ignatieff is installing Donolo as chief of staff in place of well-liked but inexperienced

loyalist Ian Davey.
Liberal MPs, who have recently watched their poll standing nosedive, expressed relief at the prospect of having a seasoned person at the controls in the OLO, as the office of the leader of the opposition is known.

"We feel like a fever is broken," said London MP Glen Pearson. "But we're still on the mend."

Donolo, who in the 1990s helped guide Chrétien from struggling opposition leader to a popular three-term prime minister is widely seen as one of the most savvy strategists on the Canadian scene.

TORSTAR NEWS SERVICE





**EXHIBITION UNTIL JAN. 3** AT THE NATIONAL

Organized and circulated by the Beaverbrook Art Gallery

**GALLERY OF CANADA** 

National Gallery Musée des beaux-arts of Canada du Canada

380 Sussex Drive, Ottawa 613-990-1985 1-800-319-ARTS

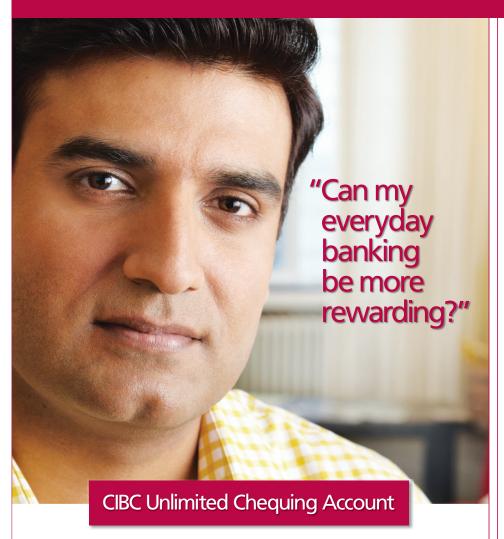
www.gallery.ca/brittain

OTTAWA ACITIZEN LeDroit CBC - Radio-Canada Canada

## **News** in brief

CORRUPTION One of Canada's

largest ever police corruption cases has been ordered to go to trial after Ontario's highest court overturned a decision to throw the case out because of years of delays. The 30 corruption charges against six former members of the Toronto police drug squad were based on allegations they conducted searches without warrants, falsified notes to hide those alleged facts and didn't account for all of the money seized in drug investigations, as well as extortion and assault allegations. HOMES Bank of Canada governor Mark Carney has repeated his concern that Canadians may be getting in over their heads in the purchase of homes, saying the government has ways of slowing the mar-THE CANADIAN PRESS



## It's worth a talk.

A CIBC Unlimited Chequing Account offers you unlimited transactions' with no minimum balance, for one flat monthly fee. Plus, you can earn Aeroplan Miles monthly.

Talk with a CIBC advisor, visit cibc.com/rewards or call 1800 465-CIBC (2422).

## Get Bonus Aeroplan Miles.

EARN 10,000 AEROPLAN° MILES

Open a CIBC Unlimited Chequing Account with qualifying transactions,

+

Pay a bill or send an *Interac*<sup>®2</sup> Email Money Transfer using CIBC Online Banking.

Maximize Your Miles
Earn an additional 15,000
Aeroplan Miles when
you apply for and use a
CIBC Aerogold® Visa™ card³.

10,000 Aeroplan Miles offer ends December 31st, 2009\*.

aeroplan



For what matters.

Arrest made in Winnipeg bathhouse fire

## Winnipeg police have made an arrest in a deadly fire at a bathhouse. Justin James Rosdobutko, who is 25, has been charged with two counts of manslaughter. Police allege Rosdobutko was in a rental room at the bathhouse Oct. 11 and deliberately started the fire that killed Steven Yablonski and Robert Clark. THE CANADIAN PRESS

## **News** in brief

**POWER** Quebec could buy a majority stake of the assets of New Brunswick's power utility in a tentative deal worth almost \$10 billion to be announced today by premiers Jean Charest and Shawn Gra-

**TERROR** A Canadian businessman will remain behind bars in Chicago charged with helping

to plot an attack against a Danish newspaper — the second recent high-profile terror arrest in the U.S. with a Canadian connection. A Chicago judge said yesterday she needs more information before she can determine whether Tahawwur Hussain Rana can be freed on bond while he awaits trial. THE CANADIAN PRESS

## Soldier killed by IED blast

struck

south-

A bloody week for coalition forces in Kandahar got worse yesterday when a Canadian soldier was killed and two others injured by an improvised explosive device in the Panjwaii district.

Lt. Justin Garrett Boyes, 26, of 3rd Battalion, Princess Patricia's Light Infantry based in Edmonton. was only 10 days into his

when foot patrol was by the blast 20 kilometres west of Kandahar city. Boyes was

Lt.. Justin **Garrett Boyes** leading

platoon mentoring tasked with

ficers at the time of the explosion. The two other casualties were treated at Kandahar Airfield and are listed in good condition.

"So early in the deployment, Justin's death is going to be difficult to accept by his brothers in arms, but will not deter any of us from continuing with our mission," said Brig. Gen.

mander of Task Force Kandahar. Boyes jumped at the chance to help train Afghan police in order to contribute to the "effort to provide stability to the population so we could, in concert with the Afghan government, extend basic services and humanitarian assistance to those in THE CANADIAN PRESS

## **RESPONSE SECURITY**

IS CURRENTLY HIRING SITE GUARDS AND MOBILE PATROL OFFICERS

CONTACT RESPONSE TO RESERVE AN INTERVIEW 613.820.3554



Don't gamble with their future invest in it





## Majority think rich nations must adopt green targets

POLL Rich countries such as Canada need to commit to aggressive new targets to curb global warming, regardless of what less-developed nations do, say a majority of respondents to a new poll.

The Canadian Press Harris-Decima survey suggests voters may be out in front of the Conservative government when it comes to negotiating a new global treaty on climate change.

By a two-to-one margin (62-27), respondents said they believed Canada and the U.S. have a responsibility "to set higher and harder targets" for reductions than "fast-growing" countries such as China.

Prime Minister Stephen Harper and his ministers have argued that the Kyoto Protocol was seriously flawed and that the next global agreement must include all developing nations if it is to be effective.

Environment Minister Jim Prentice said this week he's not optimistic such a deal can be completed in December at a UN conference in Copenhagen.

THE CANADIAN PRESS

## Parliament Hill Cooped up



Alexandra Mendès, MP for Brossard-La Prairie, looks into a truckload of actors dressed up as chickens as she joins several animal rights groups at a news conference on Parliament Hill.

## **VOLUNTEERS NEEDED FOR** DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of a medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Treatment duration is initially 8 weeks with possible continuation of up to 46 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

YES NO

I am feeling sad and depressed.

I am having difficulty sleeping.

I am feeling low in energy and slowed down.

My appetite has changed. ■

I am experiencing feelings of quilt.

I have lost interest in work and pleasurable activities.

I feel hopeless about the future.

I feel tense and anxious.

I am having difficulty making decisions.

I am having trouble concentrating.



## Ottawa Psychopharmocology Clinic **Smyth Medical Centre**

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.



A bill that would tighten U.S. sanctions against the export of refined petroleum products to Iran has been approved overwhelmingly by the foreign affairs committee of the U.S. House of Representatives. The bill still must be voted on by the full House and clear the Senate. THE ASSOCIATED PRESS

## 7

## World



## For die-hard customers?

Wal-Mart has started selling caskets on its website at prices that undercut many funeral homes. Prices range from \$999 US for models such as "Dad Remembered" and "Mom Remembered" steel caskets to the mid-level \$1,699 "Executive Privilege." But it can't offer one thing funeral homes can: Comfort.

THE ASSOCIATED PRESS

## **News** in brief

ATTACK Secretary-General Ban Ki-moon said the United Nations will not be deterred by the "despicable and brutal" terrorist attack against a UN guest house in Kabul. The attack killed 11 people.

EMBARGO The UN General Assembly yesterday overwhelmingly condemned the 47-year U.S. trade embargo on Cuba. The vote was 187-3, with only Israel and the Pacific island nation of Palau supporting the United States.

SHOWER France's government has denied a claim it spent nearly \$370,000 to build a shower for President Nicolas Sarkozy. THE ASSOCIATED PRESS

## m.metrenews.ca



Scan this barcode for more World news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

## No mercy for women, children



Tangled wreckage marks the spot where a car bomb exploded in Peshawar, Pakistan

## Car bomb kills 100 in Pakistan

Carnage and grief visited Pakistan yet again yesterday as a car bomb devastated a busy market.

One hundred people — mostly women and children — were killed and more than 200 wounded in Peshawar.

The blast destroyed buildings and a mosque, and set scores of shops ablaze in the Mina Bazaar.

The wounded sat amid debris and body parts.

"There was a deafening sound and I was like a blind man for a few minutes," said Mohammad Usman. "I heard women and children crying and started to help others.

"There was the smell of human flesh in the air."

Crying for help, men

## "This fight is not Pakistan's alone."

Hillary Clinton

tried to pull survivors from beneath wreckage.

One man carried away a baby with a bloody face.

A two-story building collapsed as firefighters doused it with water, triggering more panic.

The government blamed Islamic militants seeking to avenge an army offensive — and visiting U.S. Secretary of State Hillary Rodham Clinton pledged U.S. support.

"I want you to know this fight is not Pakistan's alone," Clinton said.

THE ASSOCIATED PRESS



# GET A \$\int \text{\text{\text{GET A}}}

## **GIFT CARD**

WHEN YOU SPEND \$100 OR MORE

Offer valid until November 8, 2009

Offer valid from October 29 to November 8, 2009 at all JACOB, JACOB Connexion and JACOB Lingerie stores. Get a \$25 gift card towards your next purchase when you spend \$100 or more on regular priced merchandise before taxes. Not redeemable for cash. Offer not valid on fragrance or beauty products, gift cards or previously purchased merchandise. Cannot be used in conjunction with any other coupons or offers.

jacob.ca

**JACOB** 

Activists hail openly gay U.S. attorney The new top federal prosecutor in Seattle knows the significance her role carries for many people: She's apparently the first openly gay U.S. attorney. Gay rights activists say Jenny Durkan's appointment reflects a growing acceptance in the U.S. as well as the attitude of President Barack Obama's administration. THE ASSOCIATED PRESS

## **News** in brief

CRIME A man accused of killing his son-in-law is arguing he was unable to commit the crime because he was too fat. Edward Ates told jurors he wouldn't have had the energy needed to climb and descend the staircase where prosecutors say the killer was perched when he shot Paul Duncsak, a 40-year-old executive, in 2006. Ates' lawyer says the 62-year-old tipped the scales at 285 pounds.

THE ASSOCIATED PRESS

## This is your (distracted) captain speaking

The two airline pilots who overshot their destination by 240 kilometres have prompted the Barack Obama administration to broaden its look at distracted driving — to include distracted flying.

The use of mobile devices and laptops while driving any type of vehicle is unsafe, Transportation Secretary Ray LaHood told a hearing of the Senate Commerce, Science and Transportation Committee yesterday

"We're not going to equivocate on this.

"Any kind of distraction.

whether it's trains, planes or automobiles, is a distraction and we should figure out ways to get these cellphones, the texting ... and the use of laptops out

"Any kind of distraction, whether it's trains, planes or automobiles, is a distraction."

Ray LaHood

of the hands of people who are supposed to be deliver-ing the public to somewhere safely," LaHood said. The pilots of Northwest

Airlines Flight 188 told safety investigators they lost track of time while using their laptops to work out crew schedules.

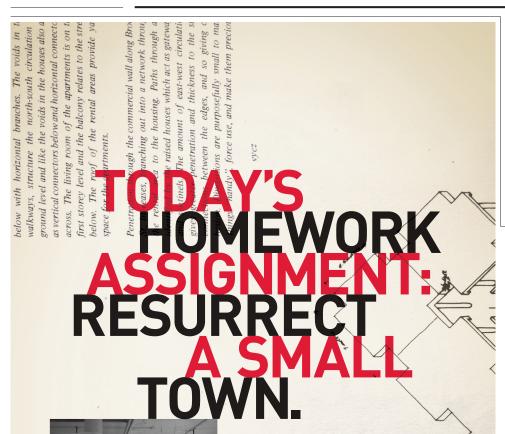
They said they were out of touch for 91 minutes, unaware they had flown their Airbus 320 jet past their destination of Minneapolis.

Sen. Frank Lautenberg, a Democrat, asked whether the Transportation Department might regulate the use of laptops by pilots.

"We're going to take a very close look at that entire issue," LaHood said.

The FAA has revoked the licenses of the Northwest pilots — Timothy Cheney and Richard Cole.

THE ASSOCIATED PRESS



At Carleton University, we like to give our classes real meaning. The Batawa - Carleton Initiative is one such example. Twenty-six of our students were given the rare opportunity to help revive the town of Batawa after it was ravaged by the closing of a shoe factory. It was the chance to re-imagine it completely and create a new sustainable community with a promising future. It's another example of our dedication to delivering an educational experience that's anything but textbook. We think you'll find this is one homework assignment that comes with extra credit.

**ANYTHING BUT TEXTBOOK** 



www.carleton.ca

## A brother dies, a brother accused

CRIME Two teenage brothers were home alone when an argument over loud music spiralled out of control, police said, leaving one brother dead from a knife to the chest and the other accused of killing

William Gorzynski, 15, was being held in juvenile custody on suspicion of second-degree murder in

the death of 14-year-old Matthew Gorzynski. Police in Coral Springs,

Fla., say Matthew was playing music on a computer.

William was watching TV nearby and complained the volume was too loud.

He told him to turn it down. Matthew refused. The two yelled at each other, then fought.

THE ASSOCIATED PRESS





## Get clear answers:

Did you know pre-existing conditions can jeopardize claims and your assets. We can customize coverage that pays!

WE ELIMINATE THE FINE PRINT. (613) 842-8809 | FIRSTRATEINSURANCE.COM



## JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic JOHN. D. Quoc DTCM., C.A.c., D.A.c., B.S.c., B.P.h., D.N., D.O.

Over 30 years climical experience of research Disposable Needles' Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist ormer Professor at Saigon Medicine/Pharmacy University, Vietnam FREE CONSULTATION

## RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis. Tennis Elbow, Fybromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc

> Vanier Medical Centre 292 Montreal Rd., Vanier 613 263 0063 • 613 276-7750



Call for your free, no-obligation consultation

1-800-254-4895

Herbal Magic

NASA's new experimental rocket, the Ares I-X, successfully completed a brief test flight yesterday, the first step in a back-to-the-moon program that could be shelved by the White House. The 100-metre rocket, designed as a replacement for the shuttle, carried no passengers. THE ASSOCIATED PRESS

## U.S. bill cuts military spending, boosts hate crime laws

**VICTORY** Trumpeting a win against careless spending, President Barack Obama signed a defence bill yesterday that kills some costly military projects while continuing war efforts in Iraq and Afghanistan.

In a major civil rights change, the law also makes it a federal hate crime to assault people because of their sexual orientation.

The \$735 billion policy bill authorizes spending but doesn't provide any actual dollars. Rather, it sets guidance typically fol-lowed by congressional committees that decide appropriations.

Obama hailed it as a step toward ending needless military spending that he called "an affront to the American people and to

our troops But th the Military president did not win every fiscal Defence bill fight. He ac-terminates he was putting contained wasteful provisions. He and Defence Secreter fleet tary Robert

knowledged spending on his fighter jet name to a program bill that still • a costly program to replace the president's

own helicop-

Gates had sparred with lawmakers concerned about lost jobs due to the spending cuts.

The hate crimes measure expands current legislation to include violence based on gender, sexual orientation, gender identity or disability. To assure its passage after years of frustrated efforts, Democratic supporters attached the measure to the mustpass defence policy bill, over the stern objections of many Republicans.

Obama spoke personally about the new protections, a priority of the late Senator Edward M. Kennedy that had been on the congressional agenda for a decade. The measure is named for Matthew Shepard, a gay college student murdered 11 years ago.

THE ASSOCIATED PRESS

## **News** in brief

CAUGHT Los Angeles prosecutors have charged four people with burglarizing the homes of Lindsay Lohan and The Hills star Audrina Patridge. The suspects include Alexis Neiers, who is filming a pilot for a reality television show.

THE ASSOCIATED PRESS

## U.K. seduced by romantic message in a bottle

A mysterious missive apparently written by a French-speaking woman to her married lover has washed up on a British beach and captured the fancy of U.K. media.

The three pages of passionate writing, along with a lock of brown hair, were found last weekend in a

beer bottle half-buried on a beach in Cornwall, in southwest England.

Local coast guard official Martin Leslie said he was out with his family on Saturday when he found the Heineken bottle, whose top was sealed with red candle wax.

He said he became con-

"Thank you for giving me this crazy new shot of life"

Anonymous lover

cerned when he made out vague references to love and death in the letter, thinking it may be a suicide note, and contacted French authorities.

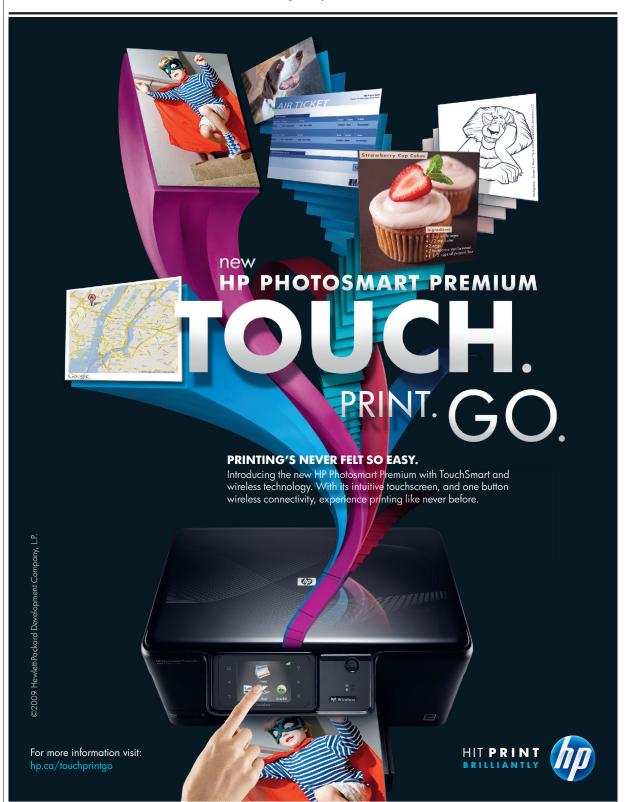
But French officials identified it as a romantic letter addressed to a married man, Leslie said.

Translated excerpts from the unsigned epistle, dated Sept. 25 of this year, were broadcast on the BBC's Six O'Clock News.

"Thank you for giving me back this crazy new shot of life," the author wrote. "These magic moments are pure secret."

Leslie said he assumed the author tossed the letter into the sea because she could not tell the married man how she felt.

THE ASSOCIATED PRESS



10

OTTAWA

Managing Editor, Tracey Tong Sales Manager, Dara Mottahed

Distribution Manager, Bernie Horton

METRO CANADA

Group Publisher, Bill McDonald

Assoc Managing Editor, Tarin Elbert Enter/Lifestyle Editor, Dean Lisk Asst Managing Editor, Amber Shortt Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

## **Comment & Views**

EDITOR: MIKE DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO I OTTAWA I MONTREAL I HALIFAX I EDMONTON I CALGARY I VANCOUVER

**Comment** 

## Living with each other's 'stuff'



t's not the most romantic of impulses, but the economic cold snap of the past year has increased the temptation for couples to huddle together and split the rent.

It seems like a good idea

on the face of it, taking the relationship to that mythic "next level," simplifying the logistics of life and all that. There is, however, the matter of your respective baggage, and here I refer only to the physical stuff. Two peoples' possessions must somehow be combined into one place.

George Carlin famously pointed out that a house is nothing but a place to keep your stuff. He also noted that while your stuff is simply called "stuff," someone else's is generally referred to with one of his (pre-HBO) Seven Words You Can Never Say On Television.

This distinction is much on my mind now, here in the middle of Operation Shack-Up. A stack of boxes packed with deferred decisions looms in our bedroom. We have earnest conversations about shelving and storage. I worry about resentment of my stuff growing into resentment of me.

The accumulated detritus of two lives will always take up too much space and threaten the domestic

## On the web

 For more views on relating, go to Love Bytes at metronews.ca/blogs

peace. We're both what are vaguely called "knowledge workers." In practice, it means we've got more books than shelves, and our living room, with three computers, now slightly resembles a call centre.

As a veteran of many moves and many apartments, the solution, when in doubt, is to pitch it out. Every time you move, you must justify lugging that box of old magazines one more time or finally give it the heave.

Mercifully, last weekend was Give Away Weekend in Ottawa, when the citizenry are encouraged to put their "gems" and "treasures" out on the curb to see if anyone else wants them. Reduce, reuse, unload your crap on the unsuspecting. Good stuff.

Somehow, though, amidst all this out-with-theold, you absurdly end up shopping for new stuff, joining all those glum, strained couples at Ikea in navigating that fiendishly designed Swedish merchandise maze for more clutter

All these stuff-related trials, though, can perhaps be seen as tests of your ability to compromise, revealing either what junk you're willing to live with, or what prized possessions you're willing to throw away, in order to be together.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

**Views** 

## Awareness month more than a colour



These days, everything but the leaves is turning Pepto pink, a reminder that it is Pinktober, or Breast Cancer Awareness Month.

The retina-assaulting shade is everywhere: On KitchenAid mixers, Wonderbras, Dyson vacuum cleaners and toilet paper.

It's no surprise breast cancer became a corporate pet cause — pink products target women, who have buying power and a warranted fear of the disease. It attacks the female identity — it is a trauma to lose an intrinsic part of your womanhood, motherhood and sexuality. The colour is equally loaded — pink symbolizes femininity and calm.

Pink sales encourage people to act charitably, but according to the fine print, it's corporations that can benefit more than any foundation or cancer patient. Commonly, companies pass on a small percentage of sales (from five to 15 per cent), or, as Hershey's Bliss chocolates pledges in the States, donate

a paltry \$300,000 US rather than take away from profits. In a case that's the cur-

rent target of the Breast Cancer Action's Think Before You Pink campaign, pharmaceutical giant Eli Lilly makes rBGH — an artificial hormone given to dairy cows that increases people's risks of cancer — but also produces cancer drugs.

I'm not some tinfoil hatwearing cancer grinch; I have a pessimism that comes only from witnessing family members fight cancer

Something is awry when cutesy ribbons eclipse what cancer does to someone physically and emotionally. It's a further insult that consumer dollars pay companies and not prevention programs.

There isn't a person in the Western world that isn't "aware" of breast cancer. Companies should retire their token gestures and marketing campaigns — the money is better spent supporting patients or preventing environmental exposure to carcinogens.

Better yet, give your \$400 directly to an organization and forgo the pink mixer altogether.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

# DUMMY

Tell us your views by email to ottawaletters Ametronews.ca or comment on metronews.ca or on Twitter Ametroottawa Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa\_distribution@metronews.ca





## QuiteDreams.com

## It's Your Retirement Lifestyle!









## Located downtown in a residential neighbourhood along the Rideau Canal

- 72 spacious suites with kitchens.
- Special monthly rates & meal packages.
- Social events and activities.
- Fitness room.
- Maid and laundry service.
- Dining room with room service.
- Hi-speed Internet.
- Indoor pool, whirlpool, sauna.
- Outdoor patio & shuffleboard.
- Family owned & operated.

## metro

## Nortel to sell assets to Hitachi in \$10M deal

Nortel has received the OK from Canadian courts on the sale of its next-generation packet core network component assets to Hitachi for \$10 million US. THE CANADIAN PRESS

11

## Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## **Griping over swiping**

## Merchants slam Visa auto-enrol debit plan

Tens of thousands of merchants and small business owners have received letters from the country's largest payment processor advising them they will be automatically enrolled in the new Visa debit program unless they take action to opt out.

Small business leaders are outraged and likened the tactic to negative optioning, saying it is one of several complaints they're hearing about the way the new Visa product is being introduced into Canada's \$168-billion debit market.

"These seem like incredibly murky and unfair business practices," said Dan Kelly, vice-president with m.metrenews.ca



Scan this barcode for more Business news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

the Canadian Federation of Independent Business.

Kelly is referring to a letter some of his members received from Moneris Solutions advising them the new micro-chip enabled payment terminals the merchants had installed were also equipped to handled Visa debit. The merchant is then asked to call or go online to decline the

new service.

The move by the two global credit card giants, Visa and MasterCard, into Canada's debit business has been controversial with merchants and other business owners, who fear it will boost the cost of accepting those cards.

Merchants currently pay a flat fee of six cents per transaction on average to process debit cards issued by the national non-profit Interac Association. Visa Canada plans to charge merchants 0.25 per cent of the value of the transaction, plus 15 cents. Master-Card says it will charge less than Interac.

TORSTAR NEWS SERVICE

## New York The Droids they're looking for



John Stratton, executive vice-president of Verizon Wireless, left, and Sanjay Jha, co-chief executive officer of Motorola, show off the new Motorola Droid phone in New York yesterday.

## Victoria's Secret owners set on doubling Canadian market share

RETAIL The owner of the world's largest specialty lingerie retailer, Victoria's Secret, says it believes it can double its market share in Canada to \$2 billion within three years.

Limited Brands, which bought the La Senza chain two years ago, has brought its Bath and Body Works chain across the border. Now, it's opening four Victoria's Secret "Pink" stores in southern Ontario. And next spring, it plans to bring its iconic Victoria's Secret brand to Canada.

## **Markets**

• The chain has 30 per cent market share in young women's intimate apparel, but just 15 per cent in all women's intimate apparel.

The company's goal is not only to steal market share from the department stores and other specialty retails, but to expand the overall market, said Martin Waters, executive vicepresident, international.

TORSTAR NEWS SERVICE

## Business in brief

STOCKS The losing streak on the Toronto stock market extended to a fourth session yesterday, with the main index losing almost 250 points as investors took profits on doubts about the American economic recovery. The S&P/TSX composite index tumbled 248.21 points or 2.25 per cent to 10,805.33 as a rising U.S. dollar sent the Canadian dollar lower. **CANWEST** A lawyer for the Communications, Energy and Paperworkers said vesterday the union does not have enough money to afford "effective" legal representation during Canwest's restructuring.

THE CANADIAN PRESS



## HOME PHONE LINES





## **Ronaldo to miss Champs League action**

Cristiano Ronaldo will not be able to play in Real Madrid's Champions League match at AC Milan next week due to an ankle injury. The Spanish club said a medical exam performed yesterday showed the Portugal winger's right ankle had improved, but not enough to return to action. THE ASSOCIATED PRESS

## Sports



## Luongo out

Roberto Luongo, left, will miss at least the next two Vancouver Canucks games after suffering a hairline fracture in one of his ribs. The goaltender isn't sure how long he'll be out. Luongo was hurt shot from the corner caught him through a soft spot in his padding.

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



Florida goalie Tomas Vokoun makes a save as Ottawa's Milan Michalek, takes a shot on-goal in the first period of last night's game in Sunrise. Fla.

## Sens tame Panthers

NHL RESULT

ıwa 4 Florida 3



Nick Foligno and Jarkko Ruutu scored second-period goals to help the Ottawa Senators beat the Florida Panthers 4-3 last night.

Mike Fisher and Daniel Alfredsson also scored, and denfenceman Filip Kuba added two assists after missing the previous eight games because of a lowerbody injury.

Reinprecht. Steve Stephen Weiss and Bryan McCabe scored for Florida, which has lost four straight to drop to 2-7-1. Jordan Leopold and Nathan Horton each had two assists.

Pascal Leclaire stopped nine shots for the Senators (6-2-2), but left after the

Brian Elliott finished the game, making 26 saves. According to the team's official Twitter page, Leclaire left because he felt ill.

m.metrenews.ca



orts updates on your smartphor earn how to scan the barcode with the instructions at the top of pg 3

## Woman arrested in sex-for-tickets scheme still hopeful of seeing World Series game

BASEBALL A Philadelphia woman charged with offering sex for World Series tickets says she's embarrassed about her arrest, but did nothing wrong and is still hopeful of attending a

game. "I didn't do anything

an ad on Craigslist.
Finkelstein's lawy,
said his ch
is me
"a I
law

UNTANGLE LIFE'S
CHALLENGES

CHALLENGES

DIAL

DIAL

ed," Susan Finkelstein said overcome with yesterday, day after meeting at a suburban bar with underan cover po-lice officer

Craigslist ad, but never explicitly offered sex, her lawyer William J. Brennan said. The 43-year-old Universi-

ty of Pennsylvania graduate student wanted to take her husband to a game between her beloved Philadelphia Phillies and the New York Yankees. The self-described "buxom blonde" said she was simply trying to score tickets online, as she had in the past.

She might

tendres in

dropped double en-

have

her

Over a few beers at a suburban bar, she told a police officer she needed two tickets, one for herself and one for her husband. No price had been discussed, and Finkelstein and her lawyer stopped short of recounting specifics of what was said before several officers sitting at a nearby table came to arrest her.

Brennan hopes to get the misdemeanour charge of promoting prostitution dismissed. THE ASSOCIATED PRESS



first period.

THE ASSOCIATED PRESS



## Future uncertain for Impact, 'Caps

USL The Vancouver Whitecaps FC are expected to announce within the next month whether they will start their own league or return to the United Soccer Leagues for another season.

The 'Caps, who are joining Major League Soccer for the 2011 season, are looking at forming their own league for 2010 with the Team Owners Association (TOA) — a group of USL teams that includes the Montreal Impact.

"We're trying to set up our own league and that process is still ongoing,' said Bob Lenarduzzi, the Whitecaps' president.

"The thing that we'd like to make clear is that we will be playing ... next vear.' METRO CANADA

## **Sports** in brief

**ENGLAND** Police are searching for a Manchester United fan who bit off part of a man's ear at the Champions League final in Rome. Greater Manchester Police made the appeal yesterday, releasing video footage and still pictures.

MARADONA Argentina's Football Association says the media is to blame for Diego Maradona's angry tirade on live television. The AFA sent a formal report to FIFA dismissing Maradona's profanity-laced news conference in Uruquay as the natural result of tough questions from reporters. LOS ANGELES Dodgers owner Frank McCourt filed papers yesterday opposing his wife's demand to be reinstated as the team's chief executive, citing

insubordination and an affair

she allegedly had with her

bodyquard. The documents

were submitted one day after Jamie McCourt filed divorce papers seeking to regain her \$2 million US-a-year job. **BASKETBALL** The San Antonio Spurs have exercised the option on guard George Hill's contract for next season. Hill averaged 5.5 points and 1.8 assists as a rookie playing behind Tony Parker last season. Spurs coach Greag Popovich called Hill his favourite player in training camp. **GOLF** The LPGA Tour picked

Michael Whan as its new commissioner, turning to a former marketing executive in golf and hockey equipment to rebuild the tour's relationships with sponsors. The 44-year-old previously worked for Taylor-Made Golf and Wilson Sporting Goods and most recently was president of Mission-Itech Hockey. METRO NEWS SERVICES

## World Series Feeling the pressure

Connecting you to a full range of

non-emergency community,

social, government and health services

• FREE • CONFIDENTIAL • MULTILINGUAL

• OVER 150 LANGUAGES

www.21Iontario.ca



It took New York's C.C. Sabathia 24 pitches to retire the Philadelphia Phillies in the first inning of Game 1 of the World Series last night at Yankee Stadium in New York. For a complete recap of the game, visit metronews.ca/sports

5-year fixed mortgage rates PROVIDED BY RATESUPERMARKET.CA

BMO CIBC HSBC ICICI ING RBC Scotia TD Broker 5.78% 5.84% 5.85% 4.34% 5.74% 5.84% 5.78% 3.99% RateSupermarket.ca

Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

## Metro Homes ING

## It's who you are

Homes are reflecting personal style more, just as clothes do. "... Your house is a story. Think of it as a narrative and you are the author," says Keith Johnson, host of Man Shops Globe and buyer-at-large for Anthropologie

THE ASSOCIATED PRESS

BMO CIBC HSBC 2.25% 2.25% 2.50%

HSBC ICICI

RBC Scotia TD Broker 2.25% 2.25% 2.25% 2.20%

## It's big work for a little nook

EMMA YARDLEY for Metro Canada

A kitchen nook may be small but it has a big job to do; it has to provide all the storage and cooking areas of a regular-sized kitchen in half the space.

For starters, try fixing a rack and rail system to the wall for frequently used utensils and choosing a drying board that fits above the sink.

"Both of those options save counter space, when it is at a premium," Tamara Robbins Griffith, interior designer, regular guest expert on CityLine, and design spokesperson for Ikea Canada.

"Choose accessories that make a statement. Since there isn't tons of room for unnecessary objects, the ones you choose should Homes in Style

'work hard,' in both design and function."

Her number one piece of advice though is installing floor-to-ceiling cabinetry with pullout pot drawer with dividers for all your cookware. While function is the name of the game you can still have fun with your space.

some softness, and textiles with pattern and colour. Kitchens tend to have a lot of hard surfaces bring on some whimsy when it comes to window treatments, banquette cushions, and table linens."



- 1. You don't need your glasses to read this clock. Bigtime green clock, \$73.50, Umbra, umbra.com.
- 2. Use these ladybug mixing bowls for whipping up a batch of cookies or serving a salad at suppertime. Pier 1 Imports, \$44, pier1.com.
- 3. The Lulea mitt and potholder are both pretty and protective. Anthropologie, \$14 each, anthropologie.com.
- 4. The ceramic mechanism in the Meeme salt and pepper grinder adjusts from course to fine and everything in between. Zak Designs, \$19.99 each, The Bay.
- 5. Having furniture in a kitchen nook that can change from task to task is important since it's used for everything from making toast to finishing up homework. Norbo wallmounted drop-leaf table. \$49.99. Agne stools, \$26.99 each, Ikea, ikea.ca.
- 6. Neatly organized storage tins help to keep small kitchens uncluttered. Tripp, Ikea, \$4.99 for a set of three,

## Impress the kids with last-minute spooktacular styling tips

## **HomeScape Sylvia** Putz

metronews.ca/homescape

alloween will be upon us very shortly, and depending your neighbourhood, hundreds of ghouls and goblins will soon be knocking upon creaky door.

First of all, buy candy. Then you'd better get busy decorating because parents and kids are very choosy today. They only go to the houses that are decorated, and if your house doesn't make the A-list. they'll just go sailing by, leaving you to gorge on your goodies in wretched (but yummy) isolation.

Second of all, concentrate on the front door, and on pulling in those trick-or-treaters. The first requirement is light.

You'd think low lighting would be spooky, but in fact, what you are looking for is lighting that attracts and says, "Come to my haunted home and I'll give you candy, and maybe a couple of chills along the way.

Lots of weird and spooky lighting is definitely good, but nothing overly bright. Cover the porch light with ghost-like gauzy sheet. Then consider pulling out your holiday lights to light up your pumpkins. Forget the pumpkin disembowlment for this year (messy and time-consuming), and draw or paint on faces in-stead. Then wrap holiday lights in red, orange, white or black fabric and place them around pumpkins to produce a wonderfully spooky effect.

"If you prefer another theme, you might also consider making your porch into a giant spider's lair."

To fill it out a little more, use a few props on the front porch or near the door. Along with pumpkins and perhaps a few gourds or corn stalks, a scarecrow fashioned of old clothes stuffed with crumpled up newspaper is wonderfully easy to put together with things you have at

If you prefer another theme, you might also con-

sider making your porch into a giant spider's lair. You can buy the webbing very cheaply at a dollar store, and you might fashion large spiders from black balloons or garbage bags stuffed with paper, and add legs and red eyes. You can add silk-covered "prey" to the spider web if you wish.

I also enjoy the idea of a wreath of black flowers on

the front door. These can be made by hand of construction paper, or you may buy fabric flowers and have the kids colour them black with magic marker.

Other themes will work too of course, like the graveyard with cardboard gravestones, or a convention of ghosts made of sheets draped over balloons, tied up under the head and hung from trees,

for example.

Presto, you're ready. Have a great Halloween!

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



## **GRANITE COUNTER**

For about the same price as Laminate! Choose from over 50 colours of premium quality granite More affordable than you might think!

Showroom: 782 Bronson Ave. (parking at rear) FREE ESTIMATES, CALL FOR APPOINTMENT 613-715-1234

www.bulgarigraniteandmarble.com



14

## Winner of Via Rail uniform contest

leather

studded

belt.

Jimmy Choo leopard

clutch, \$149.

A Montreal-based Rudsak designer has landed on the fast track to fashion victory as the winner of the Via Rail uniform design contest. Xiao Wei took home top honours at an event held at last week's LG Fashion Week in Toronto. THE CANADIAN PRESS

## Style



## Fox to model for Armani

Transformers star Megan Fox is pulling down a seven-figure payday to model Armani underwear and jeans. The 23-year-old will be the new face of Emporio Armani Underwear and Armani Jeans in 2010, the Milan-based fashion house announced. Fox is projected to make close to \$2 million for a one-year ad campaign, a source has told The Associated Press.

## for 2010 Fashion Week

ANDREA WOO for Metro Canada

**PREVIEW** Vancouver Fashion Week will have a global theme this season to reflect the local fashion industry's growing popularity around the world, according to the show's producer.

"From the beginning, our plan was global, interna-tional," said Jamal Abdourahman, who started VFW in 2000. "We've made a lot of progress in the last four seasons. We're way more known interna-

tionally now than we are here. Abdourahman says several aspects of the show will reflect the global theme, including the models, clothing and designers. Designers will come from Italy, Germany and Norway, for example, as well as from across Canada. There will also be a

"Night in Taipei"

themed evening

and one show that will feature all South Asian models.

"We're not doing that just because Bollywood is cool.' said Jamal, adding that it be a first for VFW. "We're doing that because the Indian community doesn't get that many opportuni-

One label to look out for is Orange NYC by Taiwan-born, Vancouver-raised designer Angela Chen, who will be debuting a black and-white themed spring/summer 2010 line.

Another is Vancouverbased label Kersh, whose theme this year will be Shanghai Cowgirl.

We believe that the fusion of east meets west is a global trend, and a very big trend in fashion," said sales and marketing assistant

Ryan Pugsley. Vancouver Fashion Week runs Nov. 3 to 8.

Left: A design by label Kersh.

## Vancouver goes global for 2010 Fashion Week Choo debut at H&M

Founder Tamara Mellon discusses designing on a budget

With so many starry designer H&M collabora tions happening each year, it's hard to get as excited about them these

But Jimmy Choo founder and president Tamara Mellon's upcoming collection for the brand is special for a number of reasons: 1) It's the first time the Swedish chain has linked up with an accessories brand. 2) It's the first time Tamara Mellon has designed ready-to-wear. and 3) The animal print, studded and richly colored shoes and handbags have got all the same lust factor as the expensive accessories you dream about wearing at a price you can actually afford. The queen of luxury shoes talks about designing

You've long lived in the world of luxury. Was it difficult to create an affordable collection for the masses that still maintains the ritzy aesthetic of Jimmy Choo?

on a budget.

The H&M customer is slightly younger yet we wanted to stay true to what Jimmy Choo is. There's always a rock chick there, but also a sense of elegance. The Jimmy Choo autumn '09 collection had a big Debbie Harry and punk rock chic inspiration with leopard print,

"Invest in accessories. You can always modernize your look with key accessories."

Tamara Mellon, Jimmy Choo president 🦼

The Jimmy Choo for H&M collection hits stores Nov. 14

neon, studs and dynamism. So that was our starting point. For H&M, you can see the trickle down effect. We were not sure at first whether we could use real leathers, studs, crystals and rivets, but when we found what was possible it completely exceeded our expectations.

What advice would you give to shoppers who want a more expensivelooking wardrobe, but on a budget?

Invest in accessories. You can almodernize your look with key acces-

Did you approach the ready-to-wear design differently the way you approached the shoes? If so, what were the major differences?

Men's Jimmy Choo leather shoe with zip, \$179.

Jimmy Choo crystal studded dress, \$149

Jimmy Choo bracelet with beads and crystals, \$29.95

We first designed the shoes and bags and then followed with the clothes. You could say the clothes are "accessories" to the

shoes and bags... We created a fun, accessible collection to reach a young customer with a fashionable and independent spirit.

## **RECOMMENDED BY METRO READERS**

## **Top 5 Massage Therapists**

## Meaaan Roback

"She is a wonderful therapist, I would highly recommend her to anyone looking to better themselves in mind, body

## Patricia MacNeil

Her work with my autistic son was instrumental in his breakthrough.

## Andrew Boucher

'I highly recommend Andrew all my clients.'

## Zoë Lafantaisie

I highly recommend Zoe."

"Guevorg is a highly knowledgeable, experienced and holistic massage practitioner."

Visit metronews.ca/gigpark for thousands of reader recommendations







## The collections

 Jimmy Choo's exclusive collaboration with H&M hits stores Nov. 14. The collection includes men's and women's shoes, accessories and clothing ranging in price from \$29.95 to \$299. The shoe and clothing collections will feature embellishments such as studs, animal prints, fringes, fur and sequins. The collections will be available at four H&M locations in Canada: Toronto's Eaton Centre and 15 Bloor St. W. store, Vancouver's Pacific Centre and Montreal's 1100 St. Catherine St. METRO NEWS SERVICE

## Fall of the Wall with U2

U2 will play a free show in Germany to commemorate the fall of the Berlin Wall. The rockers will play in front of Berlin's iconic Brandenburg Gate as part of the MTV European Music Awards (EMAs) on Nov. 5, as a prelude to the city's Fall of the Wall celebrations. FEMALEFIRST.CO.UK

## Exposure

written by author and journalist Ian Halperin, will hit stores

Entertainment

## This Is It for Michael Jackson

This Is It

Album: Michael Jackson

Label: Sony Rating:

THE SOUND TRACK TO the film connothtains ing that a Michael



fan didn't al-Iackson ready own before the begloved one's death, except two versions (pop and orchestral) of the title track that's not really new at all, three demos of questionable quality (She's Out of My Life, Wanna Be Startin' Somethin', Beat It) and a strange spoken word poem pledging love to the planet earth. There's a also bunch of photos from the film contained in an attractive book-like package, but they don't play well on

most audio systems. The song This Is It was written and recorded with Canadian crooner Paul Anka in 1983, but was never deemed worthy enough to make it to an album. (It also failed to skyrocket New York singer Safire to fame when she recorded it in 1991). Even the impassioned vocals of a MJ at his prime and the overdubbed ooh-oohs of his brothers can't make this so-so track into worthy of the real hits on this album. The song seems unfinished, all middle and no beginning or end, lacking that final flourish or

could make it something other than forgettable.

thundering chorus that



Michael Jackson's This Is It contains two versions (pop and orchestral) of the title track.

Album: Full Circle Label: Wind-Up

MUSIC critics were thrilled about



tion of Creed. By the time the foursome disbanded they had become the most bloated and cringe-inducing modern rock band. But, to our dismay, they're back. And even worse, they don't sound half bad. The group still deals in epic, arena rock choruses and sappy gut-wrenching ballads, but for the first time since the group's debut they sound passionate and in control. The songs here are at least as catchy as some of the older hits, and while new fans won't flock to this, the millions of old ones will.

Bryan Borzykowski/for Metro Ca

## Tegan & Sara

Album: Sainthood Label: Sire/Warner Rating: ###%

WHILE SAINT-HOOD Tegan and Sara's sixth record, it's only recent-



ly that they've become the go to team for angsty girlfronted power pop. Their latest picks up where The Con left off — infectious and energetic punk-light tunes. These tracks mostly deal with love — they discuss their parents' divorce and their own break-ups it's intense stuff Musically. the twins don't depart much from their formula,

but they have added more electronic and experimental flourishes, and the songs are tighter than ever. It's another step in the right direction.

Bryan Borzykowski/for Metro Ca

## **Leonard** Cohen

Album: Live at the Isle of Wight 1970 Label: Sony Rating: 🕮 🅮

KRIS KRISTOF-FERSON PER-FECTLY sums up this remarkable middle-of-



after-Hendrix the-night, performance in front of 600.000 rowdy rock fans: They threw beer cans at They were booing everybody. Everybody except Leonard Cohen." Cohen's effortless taming of the crowd that had literal-

## Music**Reviews**

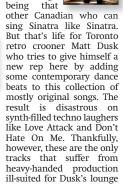
music@metronews.ca

ly set fire to the stage moments before his set, may be his finest hour The Montreal poet is at his peak here, three albums into his career, singing his greatest songs with a voice not vet devastated by nicotine. The 19-song set list includes Bird on a Wire, Famous Blue Raincoat, Suzanne, So Long, Mari-anne, The Stranger Song and the Partisan. His spoken poems are succinct and his between-song patter priceless. A must for those recently won over by his Live in London CD. Graham Rockingham/for Metro Canada

## **Matt** Dusk

Album: Good News Label: Royal Crown/Universal Rating: ##%

LIVING in the shadow of Michael Bublé. Tough



singer vocals. There are some pleasing tracks here, especially the opening title track and the two tracks which follow, I Wouldn't Change a Thing and On Vacation. Ultimately, however, the best song on the album is the hidden 13th track, a cover of Sinatra's One for my Baby (and One More for the Road). Let's face it, Sinatra is what Dusk does best. Graham Rockingham/for Metro Canada

## Twilight: New Moon

Album: Various Artists Label: Atlantic/Warner

THERE'S NO DOUBT Twilight: New Moon will be a huge hit. But ex-



pect the soundtrack to top the charts too. With the likes of Death Cab For Cutie. Thom Yorke and Lykke Li penning exclusive tracks for the disc, it's no wonder that this is easily the best movie-related record of the year. Nearly every song is worth listening to on repeat, but standouts include Anya Marina's soft Satellite Heart and Grizzly Bear's haunting Slow Life. Even the Killers turn in a solid performance on A White Demon Love Song. This is a must have for every indie rock fan.

Bryan Borzykowski/for Metro C



Watch the video for Meet Me at the Equinox by Death Cab For Cutie online at metronews.ca/music.



## EVERYTHING YOU CAN IMAGINE FOR HALLOWEEN ALLOWEEN SpiritHalloween.com ONLY 50% off all in-store merchandise **3 LOCATIONS IN OTTAWA** 2148 Carling Avenue (across from Carlingwood Mall) St. Laurent Centre (Ist floor) 255 Elgin Str∈et (at Cooper) 613.*7*15.9999

8:30

The Agenda With Steve Paikin

Survivor: Samoa (N

Community (N)

Dieu Merci (HDTV) (SC

Survivor: Samoa (N

Fringe Papillons. (N) (SC)

Omni News: S. Asian Edition

Omni News: Italian Edition (N) lel J. Fox, Scott Paulin.

FlashForward (HDTV) (N

Dr. Quinn, Medicine Woman

Manor Born Time Goes By CSI: Crime Scene Invstgtn.

L'Heure politique (SC

Campbell Brown (N Grands reportages (SC)

Dog the Bounty Hunter Pinks - All Out (HDTV)

Overruled! (N) Han. Montana Malcolm-Mid. Hates Chris

The First 48 "Hard Fall"
The Ultimate Fighter (HDTV)

Bathroom Divas-Opera Star

American Chopper

Da Vinci's City Hall

Discovering Ardi

X-Weighted "Jade

House-Payne

Disaster Date

The Outer Limits

Ancient Discoveries

Victimes Un dédommagen

On the Buses 'Allo, 'Allo!
Friends Grocery Bag

The Ellen DeGeneres Show (N

Over the Bolts Moose TV

estaurant Makeover

Holmes Inspection Star Trek: Voyager

Club social

Majority Rules

House-Payne

Disaster Date

6TEEN

Community (N) Parks-Recrea

Enquête (HDTV) (SC)
FlashForward (HDTV) (N)

CSI: Crime Scene Invstgtn.

9:00

Grey's Anatomy (N) The Border "Hate M

The Jury (Part 5 of 6) (N)
The Office (N)
The Office

The Border "Hate Metal"
The Office (N) 30 Rock

Catherine (SC) | Bob Gratton

CSI: Crime Scene Invstgtn.
Omni News: Cantonese Edition

ichez pas au grisbi ★★ (1954, D

30 Rock

Le Gentleman (N) (SC)

Grey's Anatomy (N)

100 Huntley Street

Murdoch Mysteries Grey's Anatomy (N

Larry King Live (N)

Le Téléjournal (SC)

Futurama

Wizards-Place

CBC News: The National

Survivorman Costa Rica.

Simple Rules What

The First 48 (HDTV)
TNA Wrestling (HDTV) (N)

American Chopper (N)

Un oeil sur la planète The Best Years (DVS

X-Weighted

Renovation

Fantasy Fact.

Inderworld Histories

The View (HDTV) (N

Réscapes de la justice (HDTV)

Big Chef Takes on Little Chef

The Simpsons Law & Order: SVU

King of the Hill

Latest Buzz

Wild 'n Out

Poe: Last Days of the Raven (2008, Biography)

Disaster DIY

TV Made, Do It

Beatdown

According-Jim According-Jim

30 Rock

9:30

Vu SC C

214 344 15 CITY Law & Order: SVU
115 343 15 CFMT Two/half Men The Simpsons
218 345 18 CHCH Teen Wolf \*\* (1985, Comedy) Micha
361 20 ABC Action News Entertainment
512 396 24 CPAC La Période de questions (SC)
651 355 25 CTS Little House on the Prairie

- - 64 PBS Business Rpt. Whiz Quiz 205 312 104 CTV The Vampire Diaries (N)

502 390 26 NW Connect Today's biggest stories. (N

 502
 390
 26
 NW
 Connect loday's biggest stories. (N)

 500
 500
 33
 CNN
 Lou Dobbos Tonlight

 406
 417
 27
 net
 MLB Preview
 MLB Baseball Wi

 126
 730
 28
 RDI
 24 Heures en 60 minutes

 400
 280
 30
 TSN
 NHL Hockey Ottawa Senators at Tan

 410
 403
 52
 SCR
 Score on NFL
 College Football

 557
 540
 51
 FAM
 Sonny Chance
 Zack & Cody

 551
 542
 65
 YTV
 SpongeBob
 Prank Patrol

411 457 56 OLN Ghost Hunters 417 406 59 SC Pass Time NA 554 544 48 TEL Scooby-Doo & Ghoul

 55/5
 540
 51
 FAM
 Sonny Chance
 Zack

 551
 542
 65
 YTV
 SpongeBob
 Prank

 570
 580
 29
 MM
 The Daily Fix

 615
 520
 31
 A&E
 Criminal Minds (HDTV)

 628
 584
 32
 SPKE
 UFC Unleashed

618 524 54 TROP Seinfeld Seinfe 522 506 55 HIS Ice Road Truckers 129 773 60 CD Biographies "Sean Penn"

269 350 70 APTN Wapos Bay 621 527 71 TLK Look-A-Like 603 561 95 FN Ricardo

600 564 49 H&G House Hunters Property Virgin 627 528 50 SPC Stargate Atlantis (DVS) 581 566 53 MTV The City After

V Murder, She Wrote
W Old Christine Friends

Entertainment

NASCAR Hub

Camera

22 Minute

Family Guy

By the Rapids

**16** entertainment

Andre Agassi serves up bombshell

In a new memoir, the tennis star admits to using crystal meth in the '90s. PEOPLE.COM

## Film offers a rare glimpse at Jackson

## Michael Jackson's **This Is It**

Director: Kenny Ortega Star: Michael Jackson Classification: PG Rating: @@@

IAN GORMELY for Metro Canada

## It's ironic that the final creative project from a performer who spent his career striving for perfection is this raw.

Originally intended as filler for a 3-D concert film of Michael Jackson's UK comeback shows, This is It was pieced together by director and longtime Jackson collaborator Kenny Ortega from footage shot during the four months of rehearsals leading up to Jackson's death in June.

It tracks the star from the press conference announcing the shows, through dancer tryouts, band rehearsals and video shoots, interspersed with rehearsal performances of

11:00

News Final (N)

Comedy Now

La Zone (

CTV News

Expédition

Two/Half Men

Whose Sharia

ews at 11 (N)

Période-quest

John Hagee

Charlie Rose CTV News

Le Téléiournal

Pimp My Ride

That's-Raven
Adrenaline Proj
The Daily Fix

Amer. Chopper

TV5 Le Journal

Law & Order

Unstable (N)

ET Canada

MTV Live

Don't Move

Crime 360

Warrior

National

10:00 | 10:30 |

90210 (HDTV)

The Mentalist (HDTV) (N)

The Jay Leno Show (N)

The Jav Leno Show (N

(10:01) Private Practice (N)

The Nature of Things Anderson Cooper 360 (HDTV)

RDI économie Le National etroit Red Wings at Edmonton Oilers

Wrecked

Bram Stoker's Dracula \*\*\* (1992, Horror)

Ned's School Cory in House Family Biz Prank Patrol

Life Today

Bonekickers

Ghost Hunters

The First 48 (HDTV)

Street Customs (HDTV)

Saving Grace (HDTV) (N)

X-Weighted "Sara

Gone Too Far "Gary" (N

Un tueur si proche (HDTV

Ace of Cakes Ace of Cakes

The Dr. Oz Show

dential | Confidential | Divine Design | Divin

Home Improve. Home Improve.

Hot Box Jon Dore Show Daily Show
The Haunting \* (1999, Horror)

House Hunters House Hunters Holmes

The Simpsons King of the Hill on Knight (1995, Horror)

Masterworks A portrait of artist Francis Bacon

TVA nouvelles (10:45) Denis Lévesque

L'Attaque à 5 (N)



Michael Jackson rehearses for his comeback shows in This Is It.

Jackson's biggest hits.

As the film opens, it's almost shocking to see Jackson doing what he does best: Singing and dancing. More shocking is seeing how fierce a dancer he remained, upstaging dancers half his age.

The film's best

critics'corner—

oe: Last Days of the Raven

star of this dreamy, often surreal

biography of writer Edgar Allan

bed, flashbacks tell the story of

his life and the events - includ-

ing the deaths of multiple loved

ones — that shaped his writing.

has an actor playing Poe on-stage and discovering a psychic

connnection to the man. Mack-enzie Gray and Emily Tennant

also star. 9 PM on 40 BVO

A sequence set in the present

Brent Fidler ("First Wave") is

writer, director, producer and

Poe As he lies on his death-

ments come from scenes with split screens contrasting a song's evolution over the course of the rehearsals, particularly on Human Nature and The Way You Make Me Feel.

While the film's first 45 minutes are thrilling, giving a rare glimpse of Jackson's creative process, it loses steam two-thirds of the way through.

What comes across is that Jackson's active participation in the show's creation. The best moments capture him directing the band or dancers to meet his high expectations.

Based on this footage. the London shows would have been spectacular. But This Is It feels more like the greatest DVD bonus feature than a feature film.

• For This is It photos, a trailer and screen times or to buy tickets - visit metronews.ca/movies.



to associate with in real life. but hate groups do inspire a certain morbid curiosity. In this new episode, Carver and Gray (Grace Park, Graham Abbey) must tread carefully when they infiltrate the compound of a white supremacist with violent tendencies. James McGowan and Nigel Bennett also star in "Hate Metal." 9 PM on 8 CBC



## The Border

They're not people you'd want





Visit metronews.ca and tell us the page you found this on!

Launched this fall, Cookbooker.com is the first website that allows people to rate and review the recipes in the cookbooks and food magazines they already own. Users add their books and magazines and then add all the notes and comments. METRO NEWS SERVICES entertainment 17

**Urban Foodie** 

⊕⊕⊕⊕⊕ INSPIRED; ⊕⊕⊕⊕ VERY GOOD; ⊕⊕⊕ PALATABLE; ⊕⊕ HO-HUM; ⊕ NEVER AGAIN

## Sweet times at Sweetgrass

SHARI GOODMAN
OttawaUrbanFoodie@gmail.com

## Sweetgrass Aboriginal

108 Murray St. sweetgrassbistro.ca 613-562-3683

Signature Dish: Grilled Tatonka (Buffalo) **Rating: @@@%** Dinner & drinks for 2: \$90

Sweetgrass Aboriginal Bistro is a unique restaurant ahead of its time. Aboriginal cuisine is the next big thing in culinary circles. From bannock to buffalo, you'll find an array of rustic delicious delights in its (very) warm surroundings

The Sweet Potato and Mustard Seed soup (\$8) sounded tantalizing so I started with that. It was a creamy purée that wasn't too sweet due to the mustard seed that provided an overall savoury flavour. The (Rabbit) Wabush Dumplings (\$10) with mustard dipping sauce were crunchy with a sweetness that was unexpectedly enjoyable.

I knew I needed to get my fork into the Grilled Tatonka (Buffalo) (\$36) when I heard a neighbouring table raving about it. The Pommes Anna that came with it were just as wonderful as the seared bison. From the Fall part of the menu, we also tasted the Crispy Mariposa Duck (\$25) with butternut squash



## On the web

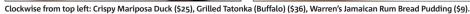
• Get recipes and more great food content at metronews.ca/recipes

and sage gnocchi. The meat was crispy and flavourful but the sauce was a touch too sweet.

For a sweet(grass) ending to our evening, we enjoyed Warren's Jamaican Rum Bread Pudding (\$9) with butterscotch ice cream and caramel sauce that was comforting, nicely spiced and a touch boozy.

Forget about hunting and gathering at your home and head down to Ottawa's only aboriginal restaurant.







## Dining out

Eat, drink, and lounge at Foundation. On the last Wednesday of every month, guest sommeliers come in and work with Chef Shannon McNamee to create a mouth-watering menu. Thursday nights enjoy live music. 18-b York St. 613-562-9331

## SECOND AVENUE SWEETS

A popular bakery in the Glebe offers Florentines, cupcakes, chewy pecan cookies, turtle brownies smothered in caramel, light angel food cake, lemon wafers with lemon glaze and more. 151B Second Ave. 613-233-7277

## In **brief**

TASTE WINE at an Introduction to Tasting Wine tonight (Oct. 29) at DiVino Wine Studio from 7 to 9 p.m. \$45 plus tax. divinowinestudio.com/seminars .html

**COOK AND CELEBRATE** the Day of the Dead this Saturday at Di-Vino Wine Studio from 10:30 a.m. to 1:30 p.m. \$79 plus tax. Chef Maria Amalia Garza hosts a hands-on cooking class including lunch and wine. divinowinestudio.com/special\_ events\_camps.html#Anchor\_

TASTE CHEESE at a Fifth Town Cheese Tasting next Wednesday (Nov. 4) hosted by Cheese Connoisseur and Sommelier Andrew Laliberte at The Urban Element from 6 to 8 p.m. \$75 per person (including wine pairings) theurbanelement.ca

## **Global Peasant blog online**

 Travel along with Diane Thompson's culinary adventures in her Global Peasant blog

 Check out metronews.ca/ globalpeasant for a recipe for apple pie.



Visit metronews.ca/win to win your way into this exclusive event!





as a duo playing your favorite Blue Rodeo songs & previewing songs from "The Things We Left Behind."







**18** entertainment



Kristin Davis thinks Sex and the City 2 is like "condensed soup." The actress — who plays Charlotte — says bosses have crammed so many dramatic plotlines into the upcoming sequel it is much more intense than the last film, femalefirst.co.uk reports. METRO NEWS SERVICES

## **Celebrity Buzz**

## A touch of India on Jessica's body

NEW TATTOO Jessica Simpson has some new body art. The singer, 29, showed off a Henna tattoo Tuesday as she returned from a trip to India, where she was shooting her upcoming VH1 reality show, The Price of Beauty, us-Price magazine.com ports.

"The intricate Mehndi designs are typically Indian. and made with a turmeric paste," her rep tells London's Daily Mail of the singer's new ink. "They're wedding worn at ceremonies and

are supposed to bring good luck to eligible single women in India. It's a big style statement too. The really intricate designs take hours to apply by hand using just a brush. The artists are very skilled."

During her trip to India, Simpson also got a bindi dot on her forehead as she hit a Bollywood party at the capital's glitzy Vie earlier Lounge this week. Simpson was a guest of Neha Dhupia, the Indian beauty ambassador on the singer's show. METRO WORLD

## **Kate minus Jon does** not equal 'available'

SHE'S A MOM FIRST Just because she's not wearing her wedding ring much of the time anymore doesn't mean that Kate Gosselin's back on the market.

In fact, the realityshow mom says it's not going to happen while she remains the focus of so much media attention, people.com reports.
"I'm not think-

ing about it, but the thought has crossed my mind at some point (that)

it's going to be scrutinized," Gosselin, 34, told Ellen Generes vesterday. not "Let's talk about Gosselin says she tries to live her 1ife rounded bv cameras - and

> that follow me around" by thinking

"the 18 cars

eight children.

"I just know that, on TV or off TV, I've been very much targeted and torn apart," she says.

"I'm telling you (from) the root of my heart everything about me: I am a mother first. I will always be a mother and I would die for my kids if need be ... My focus is them. It's not the paparazzi. My focus is not what trip I can go on or what shows I can do as a result of this thing. This is my job. This is my paycheque and so this is what

METRO NEWS SERVICES

## **Celebrity tweets**

Sex sequel like 'condensed soup': Davis

Sandra Bernhard has got something cooking, Queen Ra-nia Al Abdullah has some nice things to say about George Clooney, and Ashton Kutcher tries to pass on some knowledge.

@SandraBerhnard this morning i am making split pea soup in the crock pot easy breezy and yegan. trying to mix it up and make it delicious at the same time.

• @QueenRania

In customary style, Clooney politely reveals absurdity in how powers that be affect our world.

 @aplusk sometimes I think the only reason I took math is so I could help my kids take math



## LiLo reaches out to Indian children

**CHARITY TIME** Lindsay Lohan is packing her bags, heading to India for charity work - and a BBC documentary. "It's basically on the trafficking of children in ... India," she says. "I think if you're in

the position where vou can say something that people will listen to and make a difference ... I think you should use it." METRO WORLD

## Jude, Sienna back on track?

BLAME IT ON BROADWAY With both stars working in shows on Broadway, Jude Miller Law and Sienna have found them-

selves in close proximity lately and it could be leading to a rekindling of their romance. "Sienna

and Jude have met up a few times NEWS and

on really well," a source tells OK! Magazine. "Sienna had her heart broken by

Iude, but she was young and it was the first time she'd fallen in love. What people don't realize is that they always mained close. METRO

WORLD NEWS

## Swayze widow opens up

Patrick FIGHTING GRIEF Swayze's widow Lisa Niemi spoke from the heart recently about losing her husband just six weeks ago, telling a women's confer-

ence that the loss "is like an animal all of its own" and sadness the could be felt on a cellu-

lar level," usmagazine.com reports.
"When the grief takes

you, it's like your body is not your own," Niemi, who was married to the actor for years, said during a roundtable discussion

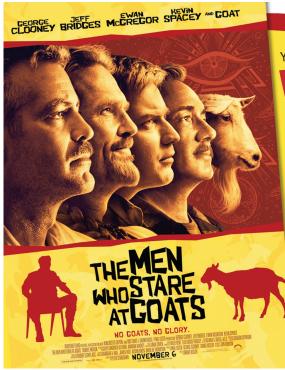
on Grief, Healing and Resilience at the Women's Conference 2009 Long Beach, Calif. METRO

WORLD NEWS

## It could have been Jo-sie

WHAT IF? Between Billy Bob Thornton and Brad Pitt, Angelina Jolie has had her fair share of interesting partners. But was Rosie

O'Donnell almost part of that list? 'We talked on the phone two or three times, but that was that, O'Donnell said. METRO WORLD NEWS





- 14.7 MP Compact Digital Camera
- 3.0-inch TFT Colour LCD Screen
- 28mm Wide-angle Lens

SECONDARY PRIZES: Passes to the advance screening of THE MEN WHO STARE AT **GOATS** on November 4th!



ENTER FOR YOUR CHANCE TO WIN! metronews.ca





MAPLE IN THEATRES NOVEMBER 6



purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. tiest closes October 30, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit w.metronews.ca





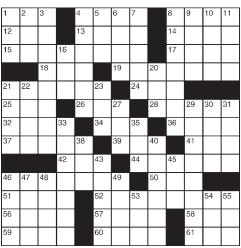




TAKE THE WEATHER WITH YOU The Weather Network

## entertainment 19

## For more delicious Metro recipes, visit: metronews.ca/food



## Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2				8			
3			6	2		4	9	
7		5					6	
	9	2		8				
			2		3			
				1		2	5	
	8					6		5
	5	9		4	1			3
			7				4	

lineup 4 Piece for two 8 Speaker's place 12 "As if!"

13 Poet Pound 14 Expel

15 Green onion 17 Earthen pot 18 Shelter

19 One without snow tires? 21 "Ecce homo"

sayer 24 Costa del — 25 Swiss canton 26 Blunder

28 Kathmandu's land 32 Source

34 Deity 36 Munro's pen name 37 Boredom

39 Wiretap 41 Energy 42 And so on (Abbr.)

44 White winter weasel. 46 Auto's body

## 50 Lubricate 1 Picks out of a 51 Posterior 52 Bundle of

nerves? 56 Furniture

store name 57 Enthusiastic 58 Individual

59 Moist in the morn

60 Optimistic 61 Affirmative action

1 Half the ramifications 2 Medic

3 Colt's pop 4 Take out of context? 5 Submachine

gun 6 Cupid's alias 7 Aquariums 8 Random draw-

ings? 9 "- Lang Syne" 10 Capri, e.g.

11 Luminary

16 Meadow 20 Saturn model.

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3 4 9

2 5 8

6

1 3

4 2

1 9 2

5 3 7 4 1 9

2003-07 21 100 percent 22 Press

23 Work unit 27 Filch 29 Big tent at an

expo 30 Similar (to)

31 Rickey ingredient 33 Calendar box

35 Payable 38 Part of FWIW 40 Weak and un-

steady 43 Stogie

45 Wire measure 46 Scolded

47 Raise 48 From the top

49 Palm starch

53 Ph bk data 54 "Sail — Ship of State!"

55 Actor Beatty

1 7 8 6 2 5

7 9

2 3

9 5

8 6 2

3 6 4

8 5 1

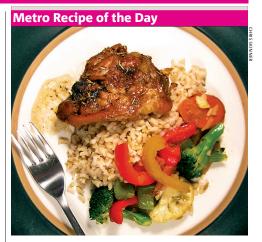
7 4 2

2 5

6 9 3 1

5 8 6 3 4 7

## Take Five



## **Apricot & Rosemary Glazed** Chicken

Submitted by Janice Choi, Toronto,

4 chicken thighs/legs, bone in and skin on, trimmed of excess fat

3/4 cup apricot iam/marmalade 2 tbsp finely chopped fresh

2 tbsp lemon juice and about 1/2 the zest from 1

lemon 1 finely chopped clove of garlic

2-3 tbsp honey (depending on sweetness of marmalade)

2 tbsp vegetable oil 1 tbsp balsamic vinegar 1 tsp salt 1/2 tsp black pepper

## PREPARATION:

1. Preheat oven to 400F 2. Combine all ingredients except chicken. Microwave in a large bowl for about 1 minute, or until hot. Stir to combine flavours and allow to cool slightly.

3. Reserve about 1/3 of the mixture into another bowl. 4. Put the chicken in the large bowl with the cooled marmalade mixture. Massage and rub marinade into chicken (over and under the skin and everywhere you can get it!) 5. Line a baking pan with foil. Arrange chicken on

the baking pan, removing excess marinade, if any. Bake for 15 mins, Remove from oven and glaze (in a thick layer) with set aside mixture. Bake for another 10-13 minutes or until the juices run clear, glazing at least once more.

**SERVES 4** PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES



20 Minute Supper Club helps you get dinner ready in a snap at 20minute supperclub.com. Visit 20minutesupper-club.com/metro to be entered to win a \$50 President's Choice gift certificate!

## Horoscopes by Sally Brompton sallybrompton.com

## For Sally's expanded daily and weekend horoscopes, visit metronews.ca

## ARIES

MARCH 21-APRIL 20 Today's Venus-Jupiter aspect makes this one of the best days of the year for affairs of the

## LIBRA SEPT 23-OCT 23

Partners and colleagues will do whatever you ask of them to-day, which no doubt makes you wonder how far you can push your luck.

## **TAURUS**

Today's cosmic influences indicate that you will be turned on more by success than you are by people.

## **SCORPIO** OCT 24-NOV 22

You are not the sort to be intimidated by people who rant and rave and that's just as well because someone will go off the deep end today.

## **GEMINI**

MAY 22-JUNE 21 This is one of those times when everything seems possible, when you feel that you can take on the world and win.

On the web

Witches knew what brooms were for

## **SAGITTARIUS** NOV 23-DEC 21

You will gain more by doing less today, and if you can get other people to share your workload you may get away with doing nothing at all.

## CANCER JUNE 22-JULY 22

Let those around you know what you are willing to put up with and what you consider is going too far, and convince them you're serious.

## **CAPRICORN DEC 22-JAN 20**

You will get through a great deal of work today. With Saturn crossing the midheaven angle of your chart, you'll do whatever it takes to make a name for yourself.

## LEO JULY 23-AUG 23

Don't sit at home by yourself. There is a world out there desperate to see you and hear you and be close to you.

## **AQUARIUS**

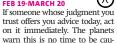
JAN 21-FEB 18
You know in your heart what is right and wrong and are not about to compromise your values merely to impress people in pow-

## VIRGO AUG 24-SEPT 22

If you have fallen out with someone recently now is the time to make the right noises and let them know you want to stay friends.

## **PISCES**

FFR 19-MARCH 20



## TAKE A BREAK FROM WORK

(₽)

Visit metronews.ca to watch metrætube of the day

## This day in history

1787: Mozart's opera Don Giovanni receives its first performance

1923: Turkey becomes a republic following the dissolution of the Ottoman Empire.

1929: The New York Stock Exchange crashes in what will be called the Crash of 1929 or "Black Tuesday," ending the Great Bull Market of the 1920s and beginning the Great Depression. 1967: Montreal's World Fair, Expo 67, closes with over 50 million

visitors. 1969: The first-ever computer-to-computer link is established on ARPANET, the precursor to the Internet.

## FLIGHT CENTRE Unbeatable

Orlando

**Paris** 

INCLUDES roundtrip air.

866 720 4853 | flightcentre.ca



## Get a sense of the Algonquin Experience!

Algonquin College is offering a daytime <u>and</u> evening Open House for your convenience. Visit us at Open House to find out more about the wide range of programs and services.

- Speak with Algonquin College faculty, staff and students
- Sit in on a selection of classes
- Take a tour of the campus
- Visit the College Information Program (CIP) with displays by many Ontario colleges and the Ontario College Application Service (OCAS)

For more information and to register online: *algonquincollege.com/openhouse2009* 

**Experience the College on:** 

Thursday, November 5<sup>th</sup> 9:00 AM – 1:00 PM and 5:00 PM – 7:00 PM

